



July 6, 2010

# IVHInsights

## NEWS FROM PERSONNEL SERVICES

by Dennis Mack

The June 2010 edition of the Employee and Family Resources (EAP Provider) newsletter is available on the DAS Benefits website at <http://benefits.iowa.gov/eap.html>.

This month's Real Life Solutions focuses on making improvement in our decision-making processes. Decision-making skills are a key component of time management, career development and many other aspects of our personal and professional lives. We may choose to avoid some decisions, especially if they involve some level of conflict or dissatisfaction. Our challenge is to pick one solution where the positive outcome can outweigh possible losses.

*Pictured above: Dennis Mack (right) chats with representatives from the UAW Veterans Committee who hosted a picnic and entertainment for IVH residents on June 26<sup>th</sup>.*



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## Commandant's Corner

The new Commandant, David Worley, was here the week of June 21<sup>st</sup> and I hope that many of you got a chance to meet him. David was impressed with everything he saw and everyone he met. He is looking forward to assuming his duties on August 1. There will be a formal Change of Command Ceremony after David's arrival in August.

On Friday, June 25<sup>th</sup> the REAL Committee sponsored the "Pre-tirement" party and talent show. From all accounts it was a huge success and the REAL Committee is to be thanked and congratulated. I know of no other state facility that has anything comparable to the REAL Committee and the activities they provide for employees.

The United Auto Workers Veterans Committee held a picnic in the Malloy LRC on Saturday, June 26<sup>th</sup>. Over 200 Residents were served by the many volunteers from the UAW. Governor Culver came and spoke to the residents, staff, and volunteers in attendance and introduced David Worley as the new Commandant.

By the time you read this we will have had another successful "old fashioned" Fourth of July picnic, afternoon concert, and a trip to see the fireworks. I hope everybody had a good time, flew the U.S. Flag, and paused to think about the importance of the day.

*Dennis Mack*

## PRE-tirement Party/Talent Show Photos



## EMPLOYEE HEALTH

by Patti Sharp

### July TB Tests

All employees with July birthdays whose last names begin with letters A through L are required to have a TB test. The test will be administered in Employee Health on the following date and time:

Tuesday, 07/06/10  
6:15 AM to 8:30 AM  
2:00 PM to 3:15 PM

The test will be read on:

Thursday, 07/08/10  
6:15 AM to 8:30 AM  
2:00 PM to 3:15 PM

If you need to make other arrangements, contact Teresa Keith at ext. #507. Testing must be completed by the end of the month.



**IVH Insights** is a twice-monthly publication of the Iowa Veterans Home.

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Call ext. 4397 or  
send to PR/Mktg Dept.

## News from Continuous Improvement *by Jim Elliott*

**Thanks to Tom and Barb Anderson** of Beaman for their generous donation of a massage chair. Residents can ask their primary care provider if they would benefit from the chair.

The **therapeutic massage chair** (pictured below right) is available as part of a resident's total healthcare program. It is located in the IVH Medical Clinic. Some of the benefits may include:

- Reduction of muscle tension and stiffness;
- Relief of muscle spasms; decrease in back pain;
- Increased flexibility and range of motion, increase of the ease and efficiency of movement;
- Reduced stress and aids in relaxation;
- Promotes deeper and easier breathing; and
- Improvement in the circulation of blood; enhanced immunity by stimulating the lymph flow and reduced stress and anxiety levels.

It takes an order from the medical provider to participate. Duration of the massage is from five to 30 minutes. Some limitations apply, for example, there is a 275 weight limit.

### Units and Departments

Watch for the schedule for reporting on performance measures. Many areas have been working hard on continuous improvement efforts. Reporting will be at the July 22nd Performance Improvement and Compliance Committee (PICC) meeting. We look forward to hearing your progress. If areas are struggling to meet targets it is hopeful that the PICC group can help remove any barriers.

Again the Central Supply – Quartermaster Merger Kaizen Team thanks staff for your efforts with mail delivery and ordering of products. This has enabled a smooth transition after retirements in the CS area.

Thank you to all employees who participated in the employee survey. Your valuable input will be analyzed, calculated, and communicated to the IVH Directors and new Commandant in the near future.



## PRE-tirement Party a Big Success *by Wayne Pierson*

**A GREAT BIG THANK YOU-** There is probably not enough space or words to thank all the people that were involved in the June 25<sup>th</sup> "PRE-tirement Party." The entire event was a great day of fun and seeing people enjoy their co-workers and residents. I do want to mention the members of the REAL Committee, Hospice Committee, and Wellness Committee for their events. Margie Button, Aaron Polley, and Kristy Kelly served the third shift. Kelli Grabau worked with me on the Talent Show.

Speaking of the Talent Show, there have been people asking for a chance to see it. I am able to offer some DVD's of the Talent Show on loan for viewing. If you would like to purchase a copy, they are available for \$5.00 per copy through the Training Office (ext. 4237).

Again, thanks to everybody who helped or participated and as we go into the next year, keep a positive spirit.



## Admissions Department *by Doug Freeman*

**Ever wondered what the purpose of the Admissions Committee is?** The Admissions Committee is responsible for reviewing all applications for admission to the Iowa Veterans Home (IVH) in order to determine the appropriateness for IVH and level of care of such admissions. The committee is composed of the Director of Admissions, Director of Heinz Hall, admissions coordinator, nursing supervisor 2 (responsible for the “bed book”), mental health nurse, social worker, and the Director of the Medical Services.

When an application is received and it is determined that the applicant meets the eligibility requirements, it is scanned for all committee members to review. This process also includes all the supporting information needed to determine level of care placement. The committee members record their level of care determination as well as any concerns or need for additional medical, nursing, mental health or other related documentation needed to make a decision regarding appropriateness for admission and level of care. If the medical information lists a dementia diagnosis or if the personal functional assessment or other notes identify concerns with wandering behavior, a dementia prescreening is completed. The Dementia Prescreening Team consists of a nursing representative from Loftus 1, Malloy 4 South, and Sheeler 3. Once the additional prescreening information is received, it is shared with the committee members and a decision is made to either place the applicant on a “secured” CCDI unit or an open unit. The committee can also request a prescreening assessment in regards to mental health, substance abuse, or level of care determination if warranted. Members of the admissions committee have also completed site visits to see the applicant in their home, hospital, or another facility when direct observation is needed.

Once the committee determines the applicant is appropriate for admission, the Nursing Supervisor on the committee reviews the available open beds and determines which unit will be receiving the new admission. The Admissions Coordinator contacts the applicant or legal decision maker to discuss when the admission will be scheduled. Even with all the work done prior to the actual admission, the committee is certainly aware that the resident's needs may change as well as additional documentation may be received that doesn't support the original determination for placement. If this occurs, the team members are to contact the Nursing Supervisor on the committee to discuss the information and placement. If you have additional questions, Policy 207-207A-207B-207C-207D addresses the admission committee responsibilities and related processes.

## Rehab Services Department *by Penny Cutler-Bermudez*

During the last two months my articles have been dedicated to the staff that have given so many years to the Iowa Veterans Home and now are enjoying their well deserved retirement. I received many comments from you about how much you enjoyed getting a glimpse into the lives of the people that you pass everyday but do not always have the opportunity to know. We are so fortunate to have so many dedicated employees serving the residents through many different avenues and I have decided to continue to share a little bit about the people in the Rehab Department now instead of waiting until they are ready to retire.

Marcia Seymour is a Secretary 1 temporarily assisting with the needs in Medical Clinic. Marcia has been employed at the Iowa Veterans Home for 32 years. She began in Dietary and worked there for 16 years until these services were contracted out. After furthering her education, Marcia was recalled to work in the switchboard, where she worked for two years. She has worked since that time as a Secretary in Rehab Services. Marcia has three children and two grandchildren.

As we reminisced about Marcia's years at IVH, she said that the thing she loves most is the welcoming atmosphere. She said that it feels good to come to work and be greeted by friends each day. Marcia talked about the fact that even though IVH is a huge place with so many staff, when people are in need, whether it is a physical issue, or a family concern, people from all over show compassion and reach out to help each other. She has been touched by the kindness of her peers.

When asked if she had any advice to give after 32 years of working at IVH she said, “Remember that you never know what tomorrow will bring so always be willing to lend a helping hand and get to know people outside of your small area. We all have something to offer others and to learn from others.”



*Marcia Seymour*

## FOOD AND NUTRITION SERVICES

*by Jane Linnenbrink*

### ***Breakfast on the units***

Special breakfasts on the units continue to evolve. Each unit handles them differently: Malloy 4 North unit breakfasts are held twice a month with eggs always served, plus different menu additions. Dack 4 serves breakfast cooked to order once a week. They rotate four different menus with eggs always served. An RTW typically cooks. Malloy 4 South unit breakfasts are held once a month; omelets were served last time. Dack 3 serves breakfast under the direction of Chef Greg Bergeson, cooking eggs to order.

Some of the benefits seen:

- A more home-like meal setting;
- Smells of cooking on the unit;
- Residents order what they want to eat at the moment; and
- Increased socializing with folks lingering over breakfast to chat.

Jim Elliott has come to every unit to help out. He's a driving force on the breakfast scene.



The **Combat Paper Project**, sponsored by Humanities Iowa, is coming to the Iowa Veterans Home. This award-winning display features original works of art by Iraq War Veterans. The works will be exhibited in the display case across from the IVH library from July 15 – July 27.

[www.combatpaper.org](http://www.combatpaper.org)

## Upcoming Events

Day	Date	Time	Event	Location
Wed	7/7	8am-4:30pm	Culture Change Training	Whitehill
Thurs	7/8	8am-4:30pm	Blitz Training	Whitehill
Sat	7/10	1:30 pm	Rural Edition Band performs for residents	Malloy LRC
Tues	7/13	7am-7 pm	AFLAC Representative at IVH	Dack Ed Conf Rm
Tues	7/13	8-10 am	Relay for Life Bake Sale Fundraiser	Malloy LRC
Tues	7/13	10am-1pm	Relay for Life Lunch Fundraiser	Malloy LRC
Tues	7/13	1:30 pm	Relay for Life Pie in the Face event	Malloy Courtyard
Tues 7/13 – Sat 7/17			Central Iowa Fair ( <a href="http://www.centraliowafair.com">www.centraliowafair.com</a> )	
Thurs 7/15 – Tues 7/27			Combat Paper Project exhibit at IVH	Across from IVH Library
Sat 7/31 6 pm – Sun 8/1 6 am			Marshall County Relay for Life	Marshalltown H.S. Track

## Announcements

**Thanks** to everyone who made the “Pre-Tirement Party” a fabulously fun day!! This would not have been possible had you not come out and shared your time and talent with the people of the IVH community. My hat goes off to all of IVH to make such a great day, to pull everyone together, laugh, and lift the spirits of so many. We were ONE today and not just departments within a facility.

For those who participated in the line dancing and have not yet received your certificate, please let me know when I can get it to you. Your dancing buddy, Jo Ferguson

*Time Again for the*

## Annual “Pie in the Face for the Cancer Race”

*contest to benefit American Cancer Society Relay for Life*

### This year’s contestants include:

Andy Burt, Rehab

Julie Cole, Social Work

Dr. Steenblock, Medicine

Don Harvey, IT

Gary Shortley, Pharmacy

Heidi Tuttle, Nursing

Dee Hunter, Housekeeping

Melissa Sienknecht, Food & Nutrition

Krystle Ulch, Nursing

Voting will begin Friday, June 18 and continue until 4:00 pm on Thursday, July 8. One dollar = one vote. Money can be given to Angie Snyder or Sarah Workman in nursing office or Amanda Thill on Malloy 4 North. The top three vote-getters will get “pied” on Tuesday, July 13 at 1:30 pm in the courtyard. Pictures and vote tallies will be posted outside Dack Nursing Office. So be sure to support your candidate – let the voting begin!



## Celebrate. Remember. Fight Back

### 2010 Theme: “Celebrating Birthdays”

*It's Relay for Life time again!!* Can you spare one hour of your time to walk and celebrate one more birthday with those who have survived cancer, remember those we've lost, and fight back against a disease that touches too many lives?

**What:** Relay for Life of Marshall County

**When:** Saturday July 31<sup>st</sup> into Sunday August 1<sup>st</sup> 2010 6pm-6am

**Where:** Marshalltown High School Track

Join the “Birthday Brigade Relay For Life Team” today. Contact Co-Captains Sarah Workman at x4204 or Amanda Thill at x4221 to sign up, Watch your emails for upcoming fundraiser events.